

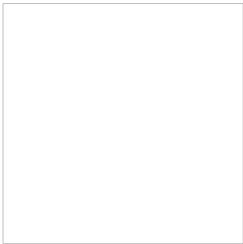
Insalata di frutti di mare



INGREDIENTS

1/2 lb. each of squid, cuttlefish, octopus, scallops,
lobster, fish fillets
8 oz. mussels
1/2 glass dry white wine
6 tbs. olive oil
2 oz. parsley, chopped
3 clove garlic
2 lemons squeezed
salt
pepper

Wine pairing suggestions



[Soave Classico, Il Canovino](#)

Preparation

Clean, poach and dice all the fish. Steam the mussels in 2 tbs. olive oil, 1 clove garlic and the white wine till they open up. Shell and mix with the rest of the fish and refrigerate. Prepare a battuto with parsley and garlic and set aside. Prepare the dressing with 4 tbs. olive oil and the juice of the lemon, add salt and pepper to taste and set aside. Mix the dressing with the fish and toss well, top with a generous sprinkling of the battuto and serve.